

## MODULE DESCRIPTOR

### Module Title

Exercise Programming and Delivery for the General Population

Reference	HS2104	Version	4
Created	March 2017	SCQF Level	SCQF 8
Approved	June 2010	SCQF Points	30
Amended	August 2017	ECTS Points	15

### Aims of Module

To provide students with the knowledge, understanding and skills to plan and instruct safe and effective gym-based exercise within the general population.

### Learning Outcomes for Module

On completion of this module, students are expected to be able to:

- 1 Demonstrate the use of progressive teaching methods to instruct a range of exercises related to client requirements.
- 2 Justify the application of the variables that will impact on programme design for specific components of fitness.
- 3 Demonstrate and teach gym-based exercises safely and effectively to individuals under supervision.
- 4 Compile, justify and deliver an exercise regime for healthy individuals appropriate to the level of ability.

### Indicative Module Content

Exercise consultation; goal setting; exercise progression; feedback on performance; use of equipment; basic principles of conditioning; components of fitness; development of exercise programmes; range of motion; specific user group requirements; teaching skill; teaching plans; risk assessment; structuring exercise session; needs analysis; assessing client ability and programming accordingly.

### Module Delivery

Tutorials and practical classes supported by directed and private study

### Indicative Student Workload

	Full Time	Part Time
Contact Hours	78	N/A
Non-Contact Hours	222	N/A
Placement/Work-Based Learning Experience [Notional] Hours	N/A	N/A
TOTAL	300	N/A
<i>Actual Placement hours for professional, statutory or regulatory body</i>		

**ASSESSMENT PLAN**

If a major/minor model is used and box is ticked, % weightings below are indicative only.

**Component 1**

Type: Practical Exam Weighting: 100% Outcomes Assessed: 1, 2, 3, 4  
 Description: Justified practical exam

**MODULE PERFORMANCE DESCRIPTOR****Explanatory Text**

Practical examination assessed with a grading proforma. Overall grade determined as follows:

Module Grade	Minimum Requirements to achieve Module Grade:
<b>A</b>	Rows 1-5: Minimum of 3 A?s, 1 B and maximum of 1 C Rows 6-8: Minimum of 2 B?s and maximum of 1 D Row 9: Pass
<b>B</b>	Rows 1-5: Minimum of 3 B?s, 1 C and maximum of 1 D Rows 6-8: Minimum of 1 B and maximum of 2 D?s Row 9: Pass
<b>C</b>	Rows 1-5: Minimum of 3 C?s, 1 D and maximum of 1 E Rows 6-8: Minimum of 3 D?s Row 9: Pass
<b>D</b>	Rows 1-5: Minimum of 4 D?s Rows 6-8: Minimum of 2 D?s And a maximum of 1 E or F in rows 1-8 Row 9: Pass
<b>E</b>	Rows 1-8 Minimum of 2 E?s and Maximum of 1 F Row 9: Fail
<b>F</b>	Rows 1-8 Failure to achieve any of the above Row 9: Fail
<b>NS</b>	Non-submission of work by published deadline or non-attendance for examination

**Module Requirements**

Prerequisites for Module	Successful completion of Stage 1 of the BSc (Hons) Applied Sport and Exercise Science course, or equivalent.
Corequisites for module	None.
Precluded Modules	None.

**ADDITIONAL NOTES**

A pass will not normally be awarded for this module unless the student has attended a minimum of 80% of all learning opportunities.

**INDICATIVE BIBLIOGRAPHY**

- 1 Liguori, G. and American College of Sports Medicine, 2020. ACSM's guidelines for exercise testing and prescription. 11th ed. Lippincott Williams & Wilkins.
- 2 SWAIN, D.P. & LEUTHOLZ B.C., 2007. Exercise prescription: a case study approach to the ASCM guidelines (2nd ed). Champaign, IL: Human Kinetics.
- 3 MCARDLE, W.D., KATCH, F.I. & KATCH, V.I., 2014. Exercise physiology (8th ed). London: Lippincott Williams & Wilkins.
- 4 DELAVIER, F., 2010. Strength Training Anatomy (3rd ed). Champaign IL: Human Kinetics.